

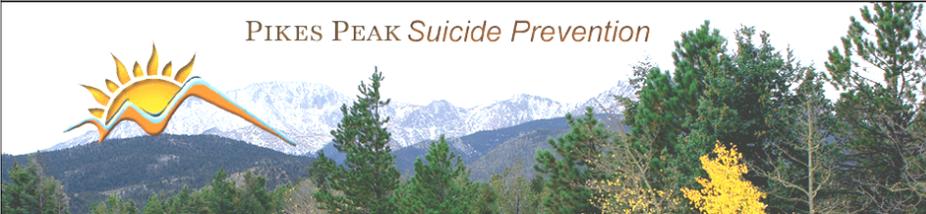


PFLAG Colorado Springs

Parents, Families, Friends, and Allies United
With LGBT People to Move Equality Forward

April 2017

Suicide Prevention is Focus of April PFLAG Meeting



At the April PFLAG meeting, Janet Karnes, Executive Director of Pike's Peak Suicide Prevention, will discuss efforts to combat the rising number of suicides among teens and young adults in El Paso County.

Among teens 18 and under there were 7 suicides in 2014, 14 in 2015 and approximately 14-15 in 2016.

There's now a community effort to reverse this trend. Representatives from human services, the health department, schools, faith-based communities, law enforcement and hospitals are meeting monthly to develop prevention methods.

"Suicide is a complex issue" says Karnes, whose organization provides support groups and educational programs about prevention. "There's not one reason. there's not one answer. There's not one person or one thing to blame."

And the vague parameters are changing. For example, the lack of connectedness in a teen's life used to be considered a trigger, Karnes said. Research now shows that social connectedness, in particular social media, is part of the problem.

"We're all scratching our heads," she said, adding that she's planning on doing local surveys asking teens for their take on the issue.

Karnes commented that the suicide rate for young adults is even higher than for teens. There is little or no suicide among the homeless, she said, perhaps in part because they feel a sense of community. With regard to LGBTQ youth, "parent acceptance is key," she said.

[Some quotes taken from "Teen Suicide Capital: El Paso County's Heart-wrenching problem Tops in State" by Debbie Kelley in The Gazette November 20, 2016.]

Pikes Peak Suicide Prevention is located at 704 North Tejon Street and can be reached at (719) 573-7447.

Suicide Anonymous "Support" Group meets on Mondays at 7 p.m.

Website:

www.pikespeaksuicideprevention.org



The Out Loud Colorado Springs Men's Chorus is excited to present its spring concert May 5-6. To volunteer to be a PFLAG usher, call Cindy Waldemann 488-9887.

These excerpts are from "Livin' Out Loud" by Jonathan Toman *Colorado Springs Independent* 1/11/17.

Last year, the chorus voted to leave the Denver-based Rocky Mountain Arts Association. The group's artistic director, James Knapp, left in August to focus his efforts on the Denver Gay Men's Chorus. Since then, Out Loud hasn't missed a beat, with Joshua Brown taking over as artistic director and the chorus pursuing recognition as its own nonprofit based in the Pikes Peak region.

This year, the focus will be on generating name recognition for Out

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APRIL PFLAG MEETING

Tuesday
April 18, 2017
7:00 p.m.

Guest: Janet Karnes
Executive Director
Pikes Peak Suicide Prevention

The Dwelling Place
508 North Tejon Street

Social time begins at 6:30
Everyone is welcome.

Marches

Denver PFLAG and Carol White have alerted us that there will be three important marches/rallies taking place in Denver in April, all in Civic Center Park:

* Saturday, April 15, 10 a.m.-3 p.m. — March for President Donald Trump's Tax Returns.

* Saturday, April 22, 10 a.m.-3 p.m. — March for Science. Mission Statement: The March for Science champions publicly funded and publicly communicated science as a pillar of human freedom and prosperity. We unite as a diverse, nonpartisan group to call for science that upholds the common good and for policymakers to enact evidence-based policies in the public interest. (This day, April 22, is also Earth Day.)

* Saturday, April 29, 10 a.m. -4 p.m. — People's Climate March on Denver

All of the above events have event pages on Facebook, and you do not need to have a Facebook account to access the information. These events are also taking place in Washington, DC, and other U.S. cities.



Teen Suicide Capital—Part 2

This newsletter is published by the Colorado Springs Chapter of PFLAG.

PFLAG Vision Statement. PFLAG envisions a world where diversity is celebrated and all people are respected, valued and affirmed inclusive of their sexual orientation, gender identity and gender expression.

PFLAG Mission Statement: By meeting people where they are and collaborating with others, PFLAG realizes its vision through:

Support for families, allies and people who are LGBTQ

Education for ourselves and others about the unique issues and challenges facing people who are LGBTQ

Advocacy in our communities to change attitudes and create policies and laws that achieve full equality for people who are LGBTQ.

To join the local chapter and receive the newsletter regularly, complete and mail the membership form on page four. To receive complimentary copies of the newsletter, please contact us.

E-mail address: info@cspflag.org

Support Line: (719) 425-9567

P.O. Box 49131
Colorado Springs, CO 80949

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www.cspflag.org

PFLAG National Office website:
www.pflag.org

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To receive your newsletter by e-mail, send a request to info@cspflag.org

The March PFLAG newsletter included the first half of "Teen Suicide Capital: El Paso County's Heart-wrenching problem Tops in State", by Debbie Kelley in *The Gazette* on November 20, 2016. Further excerpts:

The local health department recently obtained a grant to hire a prevention planner, who Susan Wheelan, Deputy Director at El Paso County Department of Health and Environment, said is focusing on identifying how to better help kids in crisis and destigmatize the need to seek help.

Mental health screenings for children during something as routine as getting a flu shot are among the ideas being considered to fend off potential suicides.

Also, Peak View Behavioral Health on Nov. 1 opened a new 20-bed outpatient psychiatric center in Colorado Springs for children ages 9 to 12. The organization cites the lack of mental health providers in schools and the community's need to reach children struggling with mental health issues before they reach a crisis point.

"We're looking at not duplicating efforts but strengthening our efforts together," Wheelan said. "We're trying to hit it from all angles, with short-term and long-term approaches."

Other actions include schools introducing new curriculum addressing suicide, warning signs, how to help friends and other messages. Colorado Springs also was the site of a Suicide Youth Prevention and Intervention Symposium held last October.

Dr. Leon Kelly, the Chief Medical Examiner, said he's encouraged by the movement.

"We have people willing to put forth whatever effort is needed," he said. "I hope we turn it around soon. Ignoring the issue is not going to make it go away."

A 2015 Youth Risk Surveillance from the federal Centers for Disease control and Prevention showed that nearly 18 percent of teen respondents had seriously considered suicide and nearly 9 percent had attempted it. Just 3 percent got medical help.

"Parents can be proactive by knowing who their children's friends are, how they're spending their time, being involved in school and homework, and letting children experience consequences for their actions," according to school crises expert Scott Poland.

"All children need to be surrounded by loving, caring family and friends," he said. "Resiliency is a learned behavior. Optimism is a learned behavior."

Day of Silence—April 21

GLSEN (Gay Lesbian Straight Education Network) will hold its annual Day of Silence on April 21.

Silence can create change!

That's why every year hundreds of thousands of students across the world take a vow of silence on a Friday in April. This quiet but powerful student-led action raises awareness about the silencing effect of anti-LGBT bullying, harassment, and discrimination.

Strength in numbers. Solidarity in silence. www.glsen.org/dayofsilence.

Trans Youth Education and Support (TYES)

TYES is a PFLAG affiliate that offers education and support to families with gender variant children. TYES information is available at PFLAG meetings.

TYES families in the Pikes Peak region keep in touch by phone and through a private Facebook page. To contact the Colorado Springs TYES volunteers, call PFLAG at (719) 425-9567 or send an e-mail to info@cspflag.org.

The TYES program originated and is headquartered in Boulder, Colorado.

More information is available at the national TYES website www.TYES-Colorado.org

PFLAG meetings are a safe space.

Who you meet, and what you hear

Must remain strictly confidential.



(Continued from page 1)

Loud, now 10 years old. With 35 members, the chorus produces two seasonal concerts per year, with the next performance, featuring Out Loud trademarks of choreography, memorized music and a bit of showmanship for the audience, coming the first week of May. The group also performs for local outreach events throughout the year.

"We're not the new kids on the block anymore," says Out Loud founding member Guy McPherson, who was one of the *Indy's* 2016 Inclusion Award Winners.

"I'm surprised how many people don't know we exist in this town."

Out Loud formed in 2006, after members of First Congregational Church were talking after service one Sunday.

McPherson recalls the conversation: "We can all sing. Let's sing together."

The chorus still utilizes First Congregational Church for all its rehearsals and the majority of performances, support that has been critical to the group's success.

"The joke is we're one of the few, if not the only, gay chorus to start in a church," McPherson says. "People here do care, and they care for us like we're family."

After a *Gazette* article ran in 2006, the day before the group's inaugural performance, many members of the chorus were nervous about being associated with a gay choir in the paper. One of the members quoted was disowned by his family, while others feared the same. Even the word "gay" was intentionally left out of the group's name, due in part to Don't Ask, Don't Tell and not wanting to exclude members enlisted in the military.

McPherson, who has lived in Colorado Springs since 1979, notes the ability of Out Loud to serve as more than a choir now, bringing gay men together and creating a brotherhood that takes care of one another.

Let's spread the word about Out Loud by "liking" it on Facebook.

Website: <http://www.outloudcsmc.com/>

Kay Ulanday Barrett at Colorado College April 6

Dr. Tre Wentling of Colorado College, a long-time friend of Colorado Springs PFLAG, has alerted us to this upcoming event.

The Butler Center at Colorado College is excited to announce the second annual Craig G. Campbell lecture featuring Kay Ulanday Barrett.

Thursday, April 6, 2017

7:00 p.m - 8:30 p.m

Free and open to the public

Slocum Commons

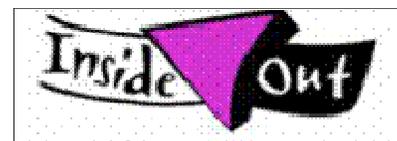
(Located on the First floor, SW wing, Slocum Hall, 130 E. Cache La Poudre St.) ([map](#))



Kay Ulanday Barrett

Barrett is a poet, performer, and educator, navigating life as a disabled pilipinx-american transgender queer in the U.S. with struggle, resistance, and laughter. Kay has offered workshops, presented keynotes, and contributed to panels with various social justice communities in the U.S. and beyond. Kay will continue this work at CC, speaking from their lived, embodied intersections that push against white supremacy and revise masculinity.

The Butler Center, named for one of the earliest African American alums who invested in the future of CC, serves as the hub of **diversity, inclusion, intercultural exchange, equity, and empowerment** for the entire Colorado College community. It is a catalyst for this important work that is shared by many departments and people. This work is sometimes uncomfortable and challenging, but always incredibly rewarding for our community.



Inside/Out Has a New Transgender Support Group

The group meets on Wednesdays from 6—7 p.m. This is a confidential group open to youth 13-22 who are trans-identified. The group meets in a separate room while Movie Night is going on.

Dinner and a Movie

Youth are welcome to come to a weekly dinner between 3:30 and 5:00 p.m., after which a movie is shown.

Queer Prom April 28

Inside/Out will sponsor Queer Prom for youth ages 13-22 at Palmer High School from 7-11 p.m. This year's theme is "When You Wish Upon a Star". Tickets are \$5. Youth are welcome to come to Inside/Out, 412 South Tejon Street, from 3:30 to 7 p.m. to dress for the prom.

Donate—Through P.O. Box

Please support Inside/Out by making a tax-deductible donation. Always use Post Office Box 606, Colorado Springs CO 80901 Mail addressed to the Tejon Street address will be returned to you by the Post Office.

Inside/Out can be contacted at 328-1056. Website: www.insideoutys.org

Support PFLAG— Get a King Soopers Gift Card at PFLAG meetings.

The free card is already loaded with \$1.50 for groceries. You add money to the card using your credit card, and use the gift card to pay for purchases. King Soopers will donate 5% of your purchases to our local chapter of PFLAG!

Thank you

To the Saponas Foundation and First Congregational United Church of Christ for their significant, ongoing support of Colorado Springs PFLAG.



BULLETIN BOARD

April 6—Kay Ulanday Barrett at Colorado College 7 p.m. Slocum commons. Free and open to the public. See p. 3

April 28—Queer Prom “When You Wish Upon a Star” Palmer High School, 7– 11 p.m. \$5.00 Ages 13-22. See Inside/Out p. 3

May 5-6—Out Loud Colorado Springs Men’s Chorus—Spring Concert. First Congregational Church, 20 East St. Vrain Street, Friday at 7 p.m., Saturday at 2 p.m. and 7 p.m. To usher, call Cindy Waldemann at 488-9887. See p. 1

June 17-18 — Denver Pride

July 8-9 — Colorado Springs PrideFest — PFLAG has signed up for its booth. Plan to participate! Save the date.

Anti-Trans Activist to “Guard” Civil Rights

Trump's HHS Appoints Anti-trans Activist to Manage Trans Health - Washington Blade March 23

Much to the consternation of LGBT rights supporters, the Trump administration has appointed to head the civil rights division of the Dept. of Health & Human Services a former staffer with the anti-LGBT Heritage Foundation who wrote extensively against the civil rights of transgender people. A series of statements from LGBT advocates came out over the appointment of Roger Severino, who until now was director of the DeVos Center for Religion & Civil Society for the Heritage Foundation.

Winnie Stachelberg, executive vice president for external affairs at the Center for American Progress, gave no quarter in a statement over the Severino’s appointment and its implications for transgender health.

“Frankly, it is sick that President Trump would appoint Roger Severino to lead OCR – putting a man who made his career opposing healthcare non-discrimination laws in charge of enforcing those very same protections,” Stachelberg said. “Before the Affordable Care Act, insurance companies routinely denied equal treatment to same-sex couples and more than half of private insurance plans explicitly discriminated against transgender patients, with more than a quarter of transgender people reported being denied medical care by a provider. Severino’s writing makes it clear that he wants to take us back to the days when 1 in 4 transgender people was refused medical care outright.”

Severino wrote posts for The Daily Signal, the blog for the Heritage Foundation, in opposition to LGBT people, especially transgender rights.

After the Pentagon lifted its ban on openly transgender service, Severino wrote a post called “Pentagon’s Transgender Policy Defies Common Sense.” Complete story at <http://bit.ly/2oCp4hh>



US Air Force Nominates Lesbian Bomber Pilot to be Air Force Academy's Commandant of Cadets

Col. Kristin Goodwin was nominated to be the Air Force Academy's Commandant of Cadets. The commandant oversees the 4,000-member cadet wing, along with more than 300 Air Force and civilian support personnel at the

Colorado Springs-based academy. She was also nominated for appointment to the rank of brigadier general. The appointment is subject to Senate confirmation. According to [OutSmart magazine](#), Goodwin has a wife and two children. Photo credit: Sr. Airman Mozer DaCunha. See full article in Air Force Times: <http://bit.ly/2oC6l5l>

Support Colorado Springs PFLAG—Become a Member

You can join at any time of the year. The current membership year extends from October 1, 2016 to September 30, 2017.

Name: _____

New member Renewing member

Address: _____

- Regular Membership \$ 30
- Supporting Member—Silver 40
- Supporting Member—Gold 60
- Supporting Member—Platinum 100

City: _____

State: _____ Zip Code: _____

Amount Enclosed: \$ _____

Home Phone: _____ Work Phone: _____

E-mail: _____

Each year our chapter must contribute \$15.00 for each paid membership to the PFLAG national office to support its mission.

Check here if you wish to receive the newsletter by e-mail

Make checks payable to Colorado Springs PFLAG and mail to P.O. Box 49131, Colorado Springs, CO 80949. Membership fees and contributions are tax deductible. All information will remain confidential. PFLAG is a 501(c) 3 nonprofit organization.